



Diana and Alice Collins at the Arboretum. Can you guess the famous American they are with?

Please see Bulletin Board for May Birthdays

Get Well Cards

Dorothy Mendoza - Helen Czarny
 Larry Holland - Bob Hastings
 Roland Sparks — Frank Dimino

Sympathy Cards

Michelle Tell (Aunt)

Food Drive: The area food banks are short many items and have a large demand. Bring your non-perishable items to the Center and leave with the feeling that you helped someone in need get through a rough time in their lives.

Veterans: The Denton County Veteran Services Offices are in the Government Building at 6301 Main Street each Friday from 8:00am to 10:00am. All services are free to veterans.

SPAN: Call SPAN at 972-624-2247 at least 24 hours in advance for daily lunches at The Colony Community Center or meals delivered to homebound seniors. Must be registered with SPAN.

Meals on Wheels needs volunteers to deliver meals to homebound seniors. Contact Charlotte Garrison at 972-624-2247.

Support the Senior Citizens of The Colony Kroger donates part of your spending for the entire year, to the senior 501(c)(3) organization. On-line registration is required. Go to: www.krogercommunityrewards.com. # 82815.

The Colony Community Center
5151 N. Colony Blvd.
The Colony, TX 75056
972-624-2246

Community Center Membership

The Colony Community Center is a membership facility. You must have a Facility Use Pass to participate in Community Center activities.

Resident	\$10
Resident/Fitness 55+	\$15
Non-Resident	\$18
Non-Resident/Fitness 55+	\$25
Non-Member Daily Rate	\$2

Day Trips and Tours

You must have a current membership pass to register for any trip or tour. Reservations are only confirmed after payment has been received. All reservations are first come, first served.

Covered Dish Gatherings

2nd Friday of each month at 6:30pm
 Last Friday of each month at 12:00 noon

All seniors are invited to participate in the covered dish gatherings. The only requirement is each participant must bring a ready-to-serve dish, either purchased or homemade. Purchased items could be: fried chicken, pizza, tacos, corndogs, pre-cut veggies, ready to serve fruit, chips or cookies, etc. New members attending the Luncheon for the first time are our guests and need not bring a dish.

Benefits Counseling

Tuesday, May 17 — 10:00am — 12:00pm
 Ever wonder what benefits you are entitled to? Melinda Gardner with the Area Agency on Aging will be here to answer your questions.

We need your help!

It's **really important** that you scan your ID card. *Attendance figures effect the center's budget.*

Tai Chi for Arthritis — Free Intermediate Class

Mondays & Wednesdays 1:00 — 1:45pm

It is slow, gentle movements designed to improve movement and balance. Anyone wishing to improve range of motion is welcome.

The Colony Community Center

May 2016



**Community Center Closed
 Monday, May 30
 Memorial Day**

Bingo

Friday	May	6	6:30pm
Thursday	May	12	10:00am
Friday	May	20	6:30pm
Thursday	May	26	10:00am

The Director and Staff of The Colony Community Center are pleased to announce our Volunteer of the Month.

Congratulations!

Robert Lux

Your dedication and service is greatly appreciated. (see details on the Bulletin Board)

Health and Information Fair

Friday, May 6th — 9:00am - Noon
 25+ vendors from business & social service agencies will be providing screenings, information, handouts and door prizes. If you are 50+ or if you have a relative or friend 50+ and need information, this will be a great place to visit. Bring a friend and receive an extra door prize ticket.

**New! Bunco
 Thursday, May 19
 10:00am—11:30am**

Join us as we kick-off a new activity. It's exciting, easy to play, has fun little prizes and anyone can learn to play on the first try. See the flyer for more information and sign-up at the front desk.

Memories in the Making - Free

Friday, May 20 — 11:30am — 12:30pm
 Join us for a free arts program for individuals with dementia. This program allows individuals to use art as a therapeutic medium, with no previous art experience necessary.

Memory Care Support Group

Friday, May 20 — 11:30am — 12:30pm
 Running simultaneously with Memories in the Making, this is a support group for the loved ones and caregivers of someone with dementia.

Rummage Sale - Sat. May 21 - 9am - 2pm

Tables can be rented for \$20 to display your treasures. Or come browse and find some great deals! Table rental proceeds go to The Colony Seniors 501(c)3.



Caribbean Cruise Meeting - Free

Thursday, May 5 — 10:00am — 11:00am
 We're going to The Bahamas and Key West
 December 4 - 11, 2016

Balcony Stateroom \$1153/person double
 Inside Stateroom \$878/person double
 \$250 deposit per person guarantees cabin
 Insurance due w/deposit
 \$79 inside, \$95 balcony

Trip Includes:

Cruise on Carnival Breeze
 All port charges and taxes
 Round trip shuttle service
 Tips for bus driver and baggage handling
 Departure from The Colony Community Center
 For more details call Diana - 972-624-2246